**Impact of Smartphone Addiction to Senior High School**

**Student’s Academic Performance**

**Name(Optional): Age: Grade Level:**

**GPA:**

**Direction**: Please check and rate yourself honestly based on what you actually do given the statement using the following scales.

**(1)-Never (2)- Rarely (3)-Sometimes (4)-Often (5)-Always**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Smartphone Addiction** | 1 | 2 | 3 | 4 | 5 |
| 1. I spend more time on my smartphone than I intended to. |  |  |  |  |  |
| 1. I often feel restless or anxious when I can’t use my smartphone. |  |  |  |  |  |
| 1. I prioritize smartphone use over other important activities (e.g., studying, family time). |  |  |  |  |  |
| 1. I have difficulty concentrating on tasks when my smartphone is nearby. |  |  |  |  |  |
| 1. I frequently use my smartphone as a way to escape from problems or stress. |  |  |  |  |  |
| 1. I often lose track of time when using my smartphone. |  |  |  |  |  |
| 1. I feel a strong urge to use my smartphone during class or study sessions. |  |  |  |  |  |
| 1. My friends and family have expressed concern about my smartphone usage. |  |  |  |  |  |
| 1. have missed important events or responsibilities due to smartphone use. |  |  |  |  |  |
| 1. I feel compelled to check my smartphone frequently, even when I don’t need to. |  |  |  |  |  |

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| **Academic Performance** | 1 | 2 | 3 | 4 | 5 |
| 1. I am satisfied with my current Grade Point Average (GPA). |  |  |  |  |  |
| 1. I complete my homework and assignments on time. |  |  |  |  |  |
| 1. I actively participate in class discussions and activities. |  |  |  |  |  |
| 1. I feel motivated to study and perform well academically. |  |  |  |  |  |
| 1. I believe my smartphone usage has negatively impacted my academic performance. |  |  |  |  |  |
| 1. My grades have improved over the past year |  |  |  |  |  |
| 1. I often procrastinate on schoolwork because of smartphone distractions. |  |  |  |  |  |
| 1. I seek help from teachers or peers when I struggle with schoolwork. |  |  |  |  |  |
| 1. I find it easy to focus on my studies without distractions. |  |  |  |  |  |
| 1. I am confident in my ability to succeed academically despite smartphone use. |  |  |  |  |  |